

NORFOLK SCHOOL GAMES

HANDBOOK

2021/22





WHAT IS IT?

The Norfolk School Games is part of the national School Games which is a government led programme designed to inspire young people to be physically active for life through positive experiences of daily activity and competition. The School Games is funded by Sport England National Lottery funding and is free for all schools to take part in.

The Games will be organised by an operational group made up of representatives from Active Norfolk and the School Games Organisers (SGO's) from the 8 School Sport Partnerships in the county.

The group will be overseen by a strategy group which comprises of stakeholders including: Primary Schools, Secondary Schools, Special Schools and the Youth Sport Trust.

DIRECTION

The COVID-19 pandemic has resulted in a year of learning from home, virtual PE lessons, clubs and fixtures being cancelled with a large majority of young people having to stay indoors. Insight shows us that this has had a significant impact on children's physical, mental and social health.

Moving forwards the Norfolk School Games will aim to focus on supporting schools to help pupils recover from the pandemic and enjoying the benefits of an active lifestyle.

What is the vision? - The Norfolk School Games will continue to make clear and meaningful difference to the lives of children and young people that can benefit the most.

What is the mission? - Putting physical activity and competitive sport at the heart of schools and providing more young people with the opportunity to be regularly physically active and achieve their personal best.

REFRAMING COMPETITION

The Games will provide opportunities and experiences that young people of all ages and abilities will enjoy. Rather than focussing on sporting outcomes (eg who wins/loses) the activities will be designed to support the wider development of young people in the following area;

- **Physical Development:** Being active for at least 60 minutes a day supports young people to have immediate and long-term health benefits.
- **Personal Development:** The School Games has a positive impact on young people's personal development, such as developing their leadership skills and resilience.
- **Emotional Development:** The School Games improves young people's self-esteem, reduces stress, supports their mental wellbeing and builds their resilience.
- **Social Development:** The School Games provides a sense of belonging, enabling young people to develop their teamwork, communication, empathy and respect for others.

SCHOOL GAMES VALUES

All activities aim to instil the School Games values of passion, self-belief, respect, honesty, determination and teamwork in pupils in order to support schools to achieve their broader whole school objectives.





LOCAL OFFER

Objectives

Each School Games Organiser will offer a range of activities to schools within their local area to achieve the following objectives.

1. Improve physical, emotional & social wellbeing

2. Support young people's wider development

3. Target young people negatively affected by COVID-19

4. Support pupils who have just transitioned into Yr 7-8

5. Provide leadership & volunteering roles for young people

Themes

All local activities will be designed around the following activity themes. These will help schools understand the format of each activity and which pupils to select to participate.

ENGAGE

These activities are non-competitive and target pupils who would benefit from being more physically active, particularly those whose physical activity levels have been most negatively impacted by COVID-19.

DEVELOP

These activities are for pupils who enjoy friendly competition but don't want to solely focus on winning and losing, instead they focus on supporting a pupils wider development.

COMPETE

These events are for pupils who are competitive in nature and enjoy performing and competing against others.

Intent

Activities will aim to address a range of wider outcomes. Each activity will focus on achieving one of the following intents.

1. Widening the competition environment to develop character and life skills
2. Widening the competition environment to improve health
3. Considering age or maturity levels to support fair competition and foster social connections
4. Using technology to develop physical skills
5. Adding fun elements to engage new audiences
6. Adapting the competition environment to support individual development in sport
7. Adapting the scoring to develop different sport skills
8. Adapting the format to increase motivation

COUNTY OFFER

In addition to the local offer, Active Norfolk will also provide a variety of opportunities that are available to all schools across the county to achieve the following objectives.

1. Deliver a School Games County Festival

2. Provide fully inclusive opportunities

3. Target young people negatively impacted by COVID-19

4. Increase secondary school engagement within County festival

5. Provide leadership & volunteering roles for young people



HOW TO GET INVOLVED

The Games removes barriers and improves access for those young people facing inequalities and in greatest need. For more information about the Norfolk School Games visit www.norfolkschoolgames.co.uk

To get involved in the Games contact your local School Games Organiser (SGO) www.norfolkschoolgames.co.uk/organisers



WWW.NORFOLKSCHOOLGAMES.CO.UK

